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UNITED STATES DEPARTMENT OF AGRICULTURE
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OFFICE OF INFORMATION

HOMEMAKERS' CHAT Friday, January 10, 1941

(FOR BROADCAST USE ONLY)

SUBJECT: "EAT THE RIGHT FOOD." Information from the Bureau of Home Economics, U. S. Department of Agriculture.

--ooOoo--

If you heard some odd noises a little while ago--don't blame the sound effects. It was just me--hustling down the hall. But I've got a good excuse for being almost late. I stopped to look at my mail before I left, and found an interesting-looking envelope from Washington, D. C. Of course, I took time to open it and found that it contained an exciting new leaflet from the United States Bureau of Home Economics.

It's just a small, six-page leaflet--but it has a pretty lengthy title, "Eat the Right Food to Help Keep You Fit." However, that title gives you a pretty good idea of what's inside. . . .a handy abbreviated guide for selecting the right food--planning well-balanced meals--getting a good diet.

I brought the leaflet right with me--so I can read a little of it, and give you an idea of what it's like. You can copy this down, if you want to.....But you'll probably prefer to get your own copy. It's free, you know. Just send a postcard to the Department of Agriculture in Washington, D. C. and ask for the new leaflet--"Eat the Right Food."

Here on the inside, is a list of foods--telling you what to include in each day's meals. First of all there's MILK. For a growing child, three-fourths to one quart of milk each day. For an expectant or nursing mother, one quart of milk each day. For other members of the family, one pint or more of milk each day. That means that if there are two grown ups and two children in your family, you'd order three quarts of milk each day.

But I don't mean that this has to be fluid milk. Skim milk--buttermilk--evaporated milk--dry milk--or cheese all count. Use them on the table or in cooking.

Another important thing to include in each day's meals is one or more servings of LEAFY, GREEN, OR YELLOW VEGETABLES. That gives you a pretty wide range of choice Of the green leafy vegetables there are at least a dozen to choose from--kale, chard. spinach, collards, mustard greens, beet or turnip tops, besides all the wild greens.

And you must also have some source of vitamin C. So this guide suggests that you have one or more servings of TOMATOES--ORANGES--GRAPEFRUIT--raw cabbage--turnips.

Then round out the day's meals with at least two more servings of fruits or vegetables. You can count potatoes as vegetables. But don't count spaghetti, macaroni, noodles, grits, or white rice. These are cereals not vegetables.

However, you do need some CEREALS and BREAD --especially the whole-grain kinds. This diet guide suggest that you have at least two servings of whole-grain products such as dark rye or whole-wheat bread--rolled oats--cracked wheat--whole-ground corn meal.

EGGS also come in for their share of attention. This guide suggests that you allow one egg a day for each person. (At least try to have three or four eggs for each person during the week.) You can count the eggs you use in baking--as well as those that you serve scrambled, fried, poached, or cooked in the shell.

And there's just one more must in this list. That's LEAN MEAT, POULTRY, OR FISH--one or more servings each day. Or you can sometimes use dried peas or beans as the main dish.

Of course, you'll also want some SWEETS and some FATS--as they are needed to satisfy the appetite. Also see that each member of the family forms a regular water drinking habit. Each person needs at least 6 glasses of WATER each day.

And oh, yes, here's sort of a footnote about vitamin D. If there are infants or growing children in the family, it's best to see that they have some rich source of vitamin D. It may be fish-liver oils or direct sunshine.

That gives you some idea of what this leaflet contains. The lists are all simple and very easy to understand. In fact, this is the one of the most convenient guides to good nutrition that I've ever come across. It's really worth mounting on the kitchen wall so you can check with the list when you make out your market orders and plan your meals.

Of course, you know how important the right food is to you and your family. The right food builds and repairs your body.....keeps it in good running order..... gives you the energy for work and play.....helps prolong your prime of life. The right food is the basis for good health.

And if you want to take a serious part in the nation's defense program--you'll want to help make America strong and healthy. The best place to start is by improving the nutrition of your own family.

You can also help your own community strengthen national defense by sponsoring nutrition teaching in the schools--adult education in nutrition--infant and child health conferences. You can help with the school lunch projects--community gardens --community canning centers. You can encourage production of food at home and the wider use of surplus foods.

Now let me remind you just once more. You can get your free copy of the new leaflet--"Eat the Right Food" by sending a postcard to the United States Department of Agriculture in Washington, D. C.

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